

如果您是COVID-19确诊患者的密切接触者，该怎么做

此信息适用于COVID-19患者的密切接触者。密切接触是指与具有传染性的人长时间保持六英尺以内距离，从出现任何症状的两天前开始，持续至症状消失。密切接触并不包括在相同的室内环境中长时间相隔六英尺以上距离、在同一房间中擦肩而过或短时间处于同一房间。如果您是医务工作者，请参阅指南“[COVID-19：如果您是医务工作者，该怎么做](#)”。

密切接触者举例	非密切接触者举例
您与患者居住在同一个房屋	您曾在杂货店为患者收银
您与患者是亲密伴侣	您是曾为患者拿药的药剂师
您曾与具有传染性的患者同乘一辆车	您曾在商店里排队排在患者的前面
您曾与具有传染性的患者共进晚餐	您是患者的同事，曾短暂经过并询问一个问题

居家观察 14 天，观察是否有症状出现：

- 第 0 天是您最后一次与患者接触的日期。
- 留意观察发热、咳嗽和呼吸急促的症状，即使症状轻微也要留意。
- 除外出就医外，否则不得离开家。
- 在前往医疗保健提供者处或急诊室就诊之前，请提前致电。
- 如条件允许，请居住于家中的特定房间，并使用单独的卫生间。
- 始终与家中其他人保持至少六英尺的距离。请勿共用生活用品。
- 与他人保持联系——利用通讯技术与亲朋好友交流。

日常清洁和洗涤：

- 对家中物品的表面进行清洁和消毒。如果您住在单独的房间并使用单独的卫生间，请自行对其进行清洁。让其他人来清洁房屋的其他区域。
- 家用物品（如厨房用具）在使用后彻底清洗。
- 经常用肥皂和水洗手，每次至少20秒钟。如果没有肥皂和水，则使用含酒精洗手液。

如果您在任何时候出现咳嗽、发热或呼吸急促：

- 请致电联系您的医疗保健提供者，以了解您是否应该接受评估。告知他们您由于是COVID-19确诊患者的密切接触者，正处于新型冠状病毒的居家隔离期。

- 除非有生命危险，否则请勿前往医院。
- 如果您没有医疗保健提供者，请致电2-1-1以转接至您所在地区的诊所。
- 轻症患者可以自行在家中对症治疗：多休息，多喝水，必要时服用退烧药物。

何时须立即就医：

如果您呼吸困难、胸痛、意识模糊，或嘴唇、牙龈、面部、眼睛周围或指甲的颜色发生变化，请立即就医。当您致电请求医疗服务时，请告知医疗保健提供者或911，您是COVID-19患者的亲密接触者且正在居家隔离。

两种隔离（“isolation”与“quarantine”）之间的区别

	治疗性自我隔离 (self-isolation)	监测性自我隔离 (self-quarantine)
适用人群	出现 COVID-19 症状者 <ul style="list-style-type: none"> • 适用于病情不佳而需要住院的 COVID-19 患者，或者 • 适用于等待检测结果的人 	未出现 COVID-19 症状者 <ul style="list-style-type: none"> • COVID19 患者的密切接触者
隔离时间	直至恢复，须同时满足以下三个条件： <ol style="list-style-type: none"> 1. 在不使用退烧药物的情况下，整整三天不再出现发热，并且 2. 其他症状有所改善，并且 3. 自症状首次出现以来，已经过去至少七天。 	自可能暴露日期起 14 天。暴露日期是第 0 天。
隔离方法	待在房子里单独的房间里，使用单独的卫生间，避免与他人接触。	全天 24 小时待在家中，监测症状并保持社交距离。如条件允许，使用单独的房间和卫生间。如果您出现症状，则您的密切接触者也应该自我隔离 (self-quarantine) 。

有关更多信息，请访问我们的网站：www.healthvermont.gov/COVID-19

What to do if you are a close contact of someone who is diagnosed with COVID-19

This information is for people who were in close contact with someone who has COVID-19. Close contact means being closer than six feet apart for a long time while the person was infectious, which starts two days before any symptoms began and continues until they are recovered. Close contact does not mean being more than six feet away in the same indoor environment for a long time, walking by, or briefly being in the same room. If you are a health care worker, see the guidance [“COVID-19: What to do if you are a health care worker”](#).

Examples of close contacts	Examples of NOT close contacts
You live in the same home	You were their cashier at the grocery store
You are intimate partners	You are a pharmacist who gave the person medication
You rode in the same car while the person was infectious	You were in front of the person in line at the store
You had dinner together while the person was infectious	You're a coworker who briefly walked by to ask a question

Stay at home and watch for symptoms for 14 days:

- Day 0 is the day you were last in contact with the person.
- Watch for fever, cough and shortness of breath, even if the symptoms are mild.
- Don't leave home, except to get medical care.
- Call ahead before visiting a health care provider or emergency department.
- If possible, stay in a specific room in your home and use a separate bathroom.
- Stay at least six feet away from others in your home at all times. Don't share household items.
- Stay connected with others – use technology to communicate with friends and family.

Daily cleaning and washing:

- Clean and disinfect surfaces in your home. If you are staying in a separate room and using a separate bathroom, clean them yourself. Have someone else clean the other areas of the home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

If at any point you develop a cough, fever or shortness of breath:

- Contact your health care provider by phone to find out if you should be evaluated. Let them know you are quarantining at home for novel coronavirus because you are a close contact of someone who is diagnosed with COVID-19.
- Don't go to the hospital, except in a life-threatening situation.
- If you don't have a provider, call 2-1-1 to be connected to a clinic in your area.
- People with mild illness can treat their symptoms at home: get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.

When to get medical care immediately:

If you have trouble breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails, seek medical care immediately. When you call for medical care, tell the provider or 911 that you are quarantining at home because you are a close contact of someone with COVID-19.

Difference between isolation and quarantine

	Self-isolation	Self-quarantine
For whom?	People with symptoms of COVID-19 <ul style="list-style-type: none">• For people with COVID-19 who aren't sick enough to be hospitalized, or• For people who are waiting for test results	People with no symptoms of COVID19 <ul style="list-style-type: none">• Close contacts of people with COVID19
For how long?	Until recovery, which happens when all three have happened: <ol style="list-style-type: none">1. It's been three full days of no fever without the use of fever-reducing medication, and2. Other symptoms have improved, and3. At least seven days have passed since your symptoms first appeared.	For 14 days since the date of possible exposure. The day of the exposure is Day 0.
What does it mean?	Staying in a separate room in the house, using a separate bathroom, avoiding contact with others.	Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.

More information is available on our website: www.healthvermont.gov/COVID19